

Contraband

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner Contra
编舞者: Kat Painter (USA) - May 2025
音乐: Hands (feat. Katy Tiz) - Alex Hobson
或: Or any fun, uptempo, party song



#32ct Intro (or start right on the lyrics, which is 2 seconds into music).

Lines start facing each other close enough to high five (approx. 2 to 3 feet away) facing a partner.

Or can be done in lines with no contra.

HOP FWD, SHAKE, HOP BACK, SHAKE, ¼ TURN HIP ROLL X2

- &1,2 Jump both feet (Rt then Lt) fwd shaking body w/ hands above head, shake/"party,"
&3,4 Jump both feet (Rt then Lt) back shaking body w/ hands below hips, shake/"party,"
5,6 Step Rt foot fwd rolling hips anti-clockwise from Lt to Rt and turning ¼ Lt (9:00), step Lt next
to Rt rolling hips anti-clockwise finishing hip circle,
7,8 Step Rt foot fwd rolling hips anti-clockwise from Rt to Lt and turning ¼ Lt (6:00), step Lt next
to Rt rolling hips anti-clockwise finishing hip circle,

Styling modification: 1. hop both feet fwd, 3. hop both feet back, 5-8 Take out the hip rolls

HOP FWD, SHAKE, HOP BACK, SHAKE, ¼ TURN HIP ROLL X2

- &1,2 Jump both feet (Rt then Lt) fwd shaking body w/ hands above head, shake/"party,"
&3,4 Jump both feet (Rt then Lt) back shaking body w/ hands below hips, shake/"party,"
5,6 Step Rt foot fwd rolling hips anti-clockwise from Lt to Rt and turning ¼ Lt (3:00), step Lt foot
next to Rt rolling hips anti-clockwise finishing hip circle,
7,8 Step Rt foot fwd rolling hips anti-clockwise from Rt to Lt and turning ¼ Lt (12:00), step Lt foot
next to Rt rolling hips anti-clockwise finishing hip circle,

Styling modification: 1. hop both feet fwd, 3. hop both feet back, 5-8 Take out the hip rolls

SLIDE, TOUCH, POINT, TOUCH, X2

- 1,2 Step Rt foot side Rt, Touch Lt toe next to Rt,
3,4 Touch Lt toe side Lt, Touch Lt toe next to Rt,
5,6 Step Lt foot side Lt, touch Rt toe next to Lt,
7,8 Touch Rt toe side Rt, Touch Rt toe next to Lt,

DOUBLE BUMP X2, STEP, ¼ SIDE, ¼ BACK ROCK, RECOVER

- 1&2 Step Rt foot fwd turning slightly to Lt and Push Rt hip toward partner, Return hips to neutral
position, Push Rt hip toward partner (can bump hips with partner if desired),
3&4 Push Lt hip away from partner, Return hips to neutral position, Push Lt hip away from
partner,
5,6 Step Rt foot fwd passing w/ partner on Rt, Turn ¼ Rt stepping Lt foot side Lt,
7,8 Turn ¼ Rt stepping Rt foot back, Step Lt foot fwd,

Start Again